



COUNTYWIDE FITNESS CHALLENGE 2015



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

Dragon boats, exercise sessions, and health screenings.

Saturday, May 16, 2015

8:00 a.m. – Noon

Whittier Narrows Recreation Area

751 South Santa Anita Avenue
South El Monte 91733

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

Saturday, June 20, 2015

8:00 a.m. – Noon

Castaic Lake State Recreation Area

Paradise Cove, Lower Lake
32132 Castaic Lake Drive
Castaic 91384

PARKS MAKE LIFE BETTER!

Join Celebrity Chef Sharone Hakman for healthy cooking demonstrations and more at this brand new location!

Saturday, July 11, 2015

8:00 a.m. – Noon

Hacienda Heights Community Center

1234 Valencia Avenue
Hacienda Heights 91745

STOP & SMELL THE FLOWERS!

Farmers' market, power walks, and softball tournament.

Saturday, July 25, 2015

8:00 a.m. – Noon

Wilson Park Farmers' Market

2200 Crenshaw Boulevard
Torrance 90501

GET CULTURED!

DanceMania, yoga, and 2-mile hikes through the hills.

Saturday, August 8, 2015

9:00 a.m. – 1:00 p.m.

Hollywood Bowl

2301 North Highland Avenue
Los Angeles 90068

CHILL OUT!

Boogie board lessons, sand games, power walks and yoga.

Saturday, August 29, 2015

8:00 a.m. – Noon

Dockweiler Youth Center

12505 Vista del Mar
El Segundo 90245

BE ONE WITH NATURE!

Circuit training, softball playoff, power walks, exercise sessions, and nature walks.

Saturday, September 12, 2015

8:00 a.m. – Noon

Alondra Community Regional Park

3353 Redondo Beach Blvd.
Lawndale 90260
(enter at Yukon Ave.)

TAKE A HIKE!

A day of family fun with fitness hikes, nature walks, and wild animal encounter.

Saturday, September 26, 2015

7:30 a.m. – Noon

Placerita Canyon Nature Center

19152 Placerita Canyon Road
Newhall 91321

PLAY FOR LIFE!

A day of family fun featuring the "triath-a-fun!"—fitness walks, bicycle fun rides, and pedalboat rally.

Saturday, October 17, 2015

8:00 a.m. – Noon

Santa Fe Dam Recreation Area

15501 Arrow Highway
Irwindale 91706

RSVP to secure your giveaways at <http://dhr.lacounty.info>